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ANNOTATED BIBLIOGRAPHY ON FEET AND SHOES, 1926 - 1964

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1 ABC's of Children's Shoes. Good Housekeeping 157: 173, 177, Sept. 1963.

Shopping reminders and hints on selecting shoes that can give children's feet comfort, support and protection.

2 Aichele, Carol. Are Their Feet at Fault? Better Homes & Garden 25: 152, Sept. 1946.

Brief discussion of growth and development of children's feet and foot defects found in school children.

3 All-leather Shoes for Children. Good Housekeeping 143: 199-203, Sept. 1956.

Three sections cover topics on shoes for the very young, what size shoe the child should wear, and buying tips for children's shoes.

4 All-vinyl Footwear Outlasts Leather, Costs Less. Mod. Plastics 36: 96-97, June 1959.

5 America Gets the Point. Life 42: 177-8, May 6, 1957.

Hazards in daily life caused by skinny heels and extremely pointed toes in shoes are numerous.

6 Anderson, Barbara D. Children's Shoes are Tested. Parent's Mag. 27: 20-21, Mar. 1952.

Briefly discusses quality of component materials judged separately and combined in shoes. Lists do's and don'ts or pointers that will help achieve properly fitted shoes for children.

7 Anderson, John F. W. Your Baby's Feet Must Last a Lifetime. Woman's Home Companion 80: 94-95, June 1953.

Gives hints on footgear (for bootee stage, creeping stage, learning to walk stage, up to three years, up to six years) and pointers on fitting a child's shoes and socks.

8 Andrews, Anita. Feet and Shoes. So. Dak. Agr. Ext. Cir. 30, 8 pp., illus. Jan. 1931.

Describes the physiology of the foot, properly fitting shoes, care of feet and of shoes; gives guides for purchasing stockings and shoes for the family.

9 Askeli, Henry. How to Know Yourself (Ninety Days to Good Health). Philadelphia, Dorrance, 191 pp. 1960.

States that many foot troubles are caused by bad walking and standing posture and the wearing of badly fitting shoes. Tells how shoes should fit and gives 6 exercises to keep feet in good condition or to help restore them.

10 Baby's First Shoes. Look 25: 85-87, May 9, 1961.

A non-informational article about baby's shoes; mostly photographs with captions.

11 Bacharach, Bert. Book for Men. New York, Barnes, 159 pp., illus. 1953.

Gives 10 rules for care of shoes. Although written for men, information is equally pertinent for all who wear shoes.

12 Bacharach, Bert. Right Dress. Success Through Better Grooming. New York, Barnes, 125 pp., illus. 1955.

Discusses shoes on pages 89-92. Gives tips for care of footgear.

13 Backpacking in the National Forest Wilderness. Forest Serv. PA-585, U.S. Dept. Agr., 31 pp., illus. July 1963.

This manual on camping and hiking contains a section on "All About Boots" which discusses the advantages and disadvantages of all types of boots.

14 Bare, Clari, Eleanor Boettke, and Neva Waggoner. Self-Help Clothing for Handicapped Children. Chicago, Nat'l Soc. for Crippled Children and Adults. 78 pp., illus. 1962.

Discusses footwear (pp. 32-36) including socks and stockings, boots, overshoes, and slippers.

15 Barefoot? Hygeia 23: 456, June 1945.

Questions and Answers Section. This reply states that the effects depend on several factors--are the feet normal and in balance and strong, is the surface to be walked on hard, soft, even or uneven. Points out disadvantages and dangers to children who are allowed to go barefoot.

16 Bartram, John B. and Claire H. Bartram. Care of Children's Feet. Country Gent. 117: 124, Dec. 1947.

Gives generalization about selection of hosiery and shoes for infants, toddlers and school children, physiology of the foot, and daily foot care.

17 Be Friends with Your Feet; Buy Your Shoes for Wear, Not for Looks. Consumer's Guide 12: 6-8, Nov. 1946.

Discusses leather supplies, tanning of leather and briefly touches on serviceability. Reports that on the average about 7-1/2% of the money spent for wearing apparel goes for shoe purchases. Emphasis is placed on care and repair of shoes and leather.

18 Bell, Louise P. Don't Put Your Foot in It! Hygeia 18: 21, Jan. 1940. Recommends hygienic care of all leisure slippers for entire family. Tips on how to clean specific materials, such as velvet or satin, are given.

19 Benjamin, Louise P. Feet First. Ladies' Home Jour. 59: 94, Sept. 1942. Describes a shoe for good foot health. Suggests 3 recommendations to increase foot comfort: more rest, alternate hot and cold plunges, and definite periods of foot elevations.

20 Bernath, Maja. Back to School Time is New Shoe Time. Parents' Mag. 31: 48, 75, Sept. 1956.

Average rate of growth is given from 2 years up but warns that feet may change from 1 to 3 sizes during these periods. Lists essential points to check for fit in selection of shoes. Seventy-five percent of children's foot troubles are due to outgrown pairs of shoes.

- 21 Blakeslee, Alton L. Fashion Feet. Today's Health 39: 7, July 1961.
In "Today's Health News." Reported that an orthopedic surgeon says that 90% of his female patients with foot troubles wear high heels.
- 22 Bless Their Soles. Parent's Mag. 133-34, Nov. 1944.
Tips on home care. Cites work done by Tanner's Council which proved that soles treated with oil of type used by Quartermaster Corps produced 25 to 50 percent more wear. How to clean muddy shoes.
23. Bolton, William. "Protecting the Feet. Today's Health 29: 13, Oct. 1951.
Makes a plea for properly fitted shoes for children to allow foot freedom and thus the elimination of foot punishment which is often the start of many physical disabilities.
- 24 Boyles, Rheba. Make Sure that Your Child Has Good School Shoes. New Mexico Agr. Ext. News 25: 6-7, Aug. 1955.
Quotes materials from the National Foot Council. Describes a good school shoe; lists a few pointers on construction; gives hints for purchasing shoes, taking care of shoes, care of the feet.
- 25 Boys' Clothes: Polo Shirts, Blue Jeans and Shoes for Boys. Consumer Rep. 24: 468-475, Sept. 1959.
Three laboratory workers made judgment on the performance of 30 shoe components (including heels, soles, midsoles, upper leather, lining, etc.). Ninety-six boys wore 16 major brands of boys' shoes for 15 weeks. Concluded that boys' shoes appear to have reached some reasonable quality plateau sufficient to satisfy requirements of growing boys.
- 26 Bryan, Ralph. Guard Your Child's Foot Health. Parents' Mag. 26: 47, May 1951.
This article tells how fast youngster's feet grow. It offers help in protecting foot health and in selecting shoes that fit.
- 27 Bullock, Adeline. It Takes Twenty Years to Grow a Foot! Hygeia 27: 466-467, July 1949.
In citing the work of the National Foot Council, the author reports that foot defects increased about 45% since so much emphasis was placed on serviceability of children's shoes rather than on fit and foot development.
- 28 Bundesen, Herman N. His First Shoes. Ladies' Home Jour. 60: 127, Dec. 1943.
Gives general rules for type and fit of shoes for several years after walking starts.
- 29 Cades, Hazel R. Hand and Foot. Woman's Home Companion 59: 96, May 1932.
Four people can provide help for a person's feet: orthopedic specialist, chiropodist, shoe dealer, and the individual. Suggests general hints on foot care.
- 30 Cades, Hazel R. Pick Up Your Feet. Woman's Home Companion 69: 54, Aug. 1942.
This is a short column on care of feet and exercises.

- 31 Cades, Hazel R. Are You Up on Your Feet? Woman's Home Companion 70: 54-55, May 1943.
Gives tips on how to walk and on care of feet.
- 32 Caldwell, G. A. Preventing Painful Feet. Hygeia 8: 631-632, July 1930.
Five reasons for disabled feet are: poor nutrition which results in obesity, soft bones and relaxed joints; outgrown shoes; poor posture; various types of rheumatic involvement; and incorrect walking.
- 33 Care of Leather Shoes. Consumers' Res. Bul. 9: 25-26, May 1942.
Three elemental steps in care. Recommends castor oil be used as a softening agent before shoes are polished. Gives 4 formulas (published by U.S. Dept. Agr.) for waterproofing leather shoes.
- 34 Care of Shoes. Consumers' Digest 7: 12, Feb. 1940.
The material in this article was reprinted from a New Jersey State College of Agr. Ext. Serv. Bulletin.
- 35 Care of Shoes. Consumers' Res. Bul. 26: 11, Sept. 1950.
How to clean, dry and dress leather. Recommends promptness in repairing. Emphasizes polishing and careful storage, using shoe trees or stuffing with paper.
- 36 Carson, Ruth. Foot Free. Collier's 104: 17, Sept. 23, 1939.
Deals with foot structure and points to look for in selecting shoes. Reminds one that the feet take a tremendous beating during an ordinary day.
- 37 Carson, Ruth. Step Lively! New Play Shoes. Collier's 105: 22, Apr. 6, 1940.
Brief report on play shoes. Tucked in is a bit of history of the casual shoe industry.
- 38 Carson, Ruth. Trouble Afoot. Collier's 119: 94-95, May 24, 1947.
Relates the organizing of the National Foot Health Council and its objectives. Gives average rate of foot growth and schedule when sizes should be changed. Describes a suitable everyday oxford for a child.
- 39 Carter, Richard. Wretched Lot of the Poor Foot. Life 40: 168-170, May 7, 1956.
States that there is more confusion about the foot than about any comparably bothersome part of the body, except, perhaps the brain.
- 40 Chambers, Helen G. and Verna Moulton. Clothing Selection: Fashions, Figures, Fabrics. Chicago, Lippincott, 470 pp., illus. 1961.
A book that covers the selection of men's as well as women's clothes. Contains more information on footgear than one usually finds in similar textbooks.
- 41 Children's Shoe Notes. Good Housekeeping 143: 200-203, Sept. 1956.
A series of four short columns on styles, sizes and fitting of small children's shoes.

42 Children's Shoes of Wartime Quality. Consumers' Res. Bul. 14: 5-7, Oct. 1944.

Conducted a laboratory evaluation of 14 brands of children's shoes; reports the findings. Discusses the characteristics of a well-designed shoe. Gives tips on care of shoes.

43 Children's Shoes. Consumers' Res. Bul. 12: 5-8, Aug. 1943.

Provides hints on fitting children's shoes. Shows a schematic shoe with features labelled which add up to a desirable child's shoe. Reports on evaluation of 15 well-known brands of shoes by an orthopedist and laboratory personnel.

44 Children's Shoes. Consumers' Res. Bul. 21: 5-8, May 1948.

Fifteen pairs of children's shoes (oxford or moccasin) were rated on design and desirability from the orthopedic standpoint by an orthopedic surgeon and were subjected to test for quality of soles and uppers. Stresses rules to remember when selecting children's shoes.

45 Children's Shoes. Consumers' Res. Bul. 27: 23-25, Feb. 1951.

Studied 22 brands of children's shoes: Final ratings with respect to wearing quality were based on properties of the upper and sole leather and various construction details. Design was considered more important than serviceability. Lists four principles of good fitting shoes.

46 Children's Shoes. Consumer Reports 16: 107-110, March 1951.

Fourteen lines of children's shoes were rated by quality of material and construction features. Considered 13 points, such as counters and scuff resistance, for oxfords with standard Goodyear welt construction.

47 Children's Shoes. Consumer Reports 20: 152-158, April 1955.

Two hundred thirty-eight children in 4 orphanages wore 17 brands of shoes for periods of 3, 6, 7, or 12 weeks. The life of the moccasin-style shoes, in sizes 12-1/2 to 5, depended mainly on the child. Rated shoes by excellent or good or fair or poor for: sole, heel, shank, insole, midsole (or bottom filler), scuff-resistance and upper structure (linings, counter, stitching and box toe).

48 Children's Shoes. Consumer Bul. 44: 12-15, May 1961.

Reports research on 16 pairs of shoes tested for shape and construction. Orthopedic consultants examined the shoes; afterwards the shoes were dissected so that quality and serviceability could be measured.

49 Children's Sneakers. Consumer Reports 21: 425-428, Sept. 1956.

Three hundred thirty-nine pairs of 29 brands and models of sneakers were worn by girls and boys (aged 9-12 years) in orphanages for 9-1/2 weeks, 6 days/week. Found that city conditions were harder on soles; country, on uppers; moulded soles wore better than calendered soles. Judged the soles, fabric uppers, binding and eyelet reinforcement, foxing, stitching at the counter, the lace area, and the juncture of lace section with toe, the back seam, and the eyelet and ankle patches.

50 Child's Feet Deserve Mother's Care. Hygeia 10: 472, May 1932.

Notes taken from a radio address by Dr. Philip Lewin of Northwestern University Medical School.

51 Colestock, Claire and Charles LeRoy Lowman. Fundamental Exercises for Physical Fitness. New York, Barnes, 314 pp., illus. 1943.

Recommends that constant attention be paid to the correction of the feet because the foot is the foundation of the body architecture. Exercises for feet and legs, as well as other segments of the body are clearly defined.

52 Compere, Edward L. Give Children's Feet a Chance. Hygeia 25: 366-367. May 1947.

Advocates a low shoe, bare feet whenever possible, and shoes for protection of the portion of the foot that comes in direct contact with surfaces on which the child walks. Describes a proper shoe for children.

53 Conley, Veronica L. Cosmetic Care of the Feet. Today's Health 33: 25, Feb. 1955.

Reports that the average girl walks 9 miles/day and that high heels and improperly fitted shoes are the main causes of eventual foot complaints. Gives points in selecting shoes and hosiery.

54 Conley, Veronica L. A Vacation Beauty Routine. Today's Health 35: 31-32, July 1957.

A sound investment is a reasonably wide wardrobe of shoes. Recommends types of shoes to wear sightseeing; selection, fit and care of stockings. Seven points are listed for improved foot care.

55 Coolidge, Emelyn L. No Foot Faults for Baby. Pictorial Rev. 37: 51, Aug. 1936.

Gives advice on bed coverings, types of shoes, age to shoe baby; contains warnings against urging baby to walk and other tiresome activities.

56 Corliss, Rena. If the Shoe Doesn't Fit. Parents' Mag. 21: 158, May 1946. Lists 3 simple rules to keep in mind when buying children's shoes.

57 Craig, Peggy. Don't Take Chances with Young Feet. Parents' Mag. 35: 82, Oct. 1960.

Discusses development of the foot and suitable shoes. Concludes with seven rules for a good fit.

58 Cranor, Katherine T. Shoes and Healthy Feet are Closely Related. Hygeia 9: 937-940, Oct. 1931.

Condensation of three studies on foot health conducted at Iowa State College. Subjects were junior and senior high school girls. New shoes, fitted to individuals, were worn 200, 400, 600 hours and evaluated as to comfort and general satisfaction, and location of worn places.

59 Darrow, May Goodall. The Posture Problem Up to Date. New York, Vantage, 94 pp., illus. 1959.

Places the blame for malfunctioning feet on wrong use of poorly trained feet, as well as on bad shoes.

60 Davidson, Margaret. Use Shoe Sense. Ladies' Home Jour. 60: 94-95, June 1943.

Gives tips on shoe buying and shoe care.

61 Dodson, Ethelwyn. Feet and Shoes. Calif. Agr. Ext. Serv. Home Demon. 169, Berkeley, 8 pp., illus. /1926/, Reprinted 1933.

This circular was prepared as an aid in developing healthy, normal feet for children and in maintaining good feet for adults. It incorporates suggestions from staff members of the University of California. Reprints of the material were issued by the Extension Service in Iowa and New York.

62 Does Baby Need New Shoes? Sci. Digest 34: 51, July 1953.

Condensation of Dr. Louis Starr's article in Journal of American Medical Assoc., April 1953, in which he answers the most frequently asked questions about children's shoes.

63 Don't Pinch Pennies on Children's Shoes. Good Housekeeping 154: NE 134e, March 1962.

Presents seven tips on shoe care and recommends that the fit of children's shoes be checked frequently.

64 Drew, Lillian C. Individual Gymnastics; a Handbook of Corrective and Remedial Gymnastics, 5th ed., rev. and ed. by Hazel L. Kinzly. Philadelphia, Lea & Febiger, 253 pp., illus. 1945.

Drew, a pioneer in individual and corrective gymnastics, included advice on selection of shoes, massages and exercises for the foot. Believed that poor habitual use of the foot is one major cause of foot disability.

65 Ducas, Dorothy and Adele Brown. Feet First. Collier's 92: 22, Aug. 12, 1933.

Recommends "balanced" footwear. Tells how to go about shoeing the feet and exercising them.

66 Durston, H. G. Care and Repair of Footwear. Lea. Trades Rev. 76: 41, 1943. Abstracted Jour. Amer. Leather Chem. Assoc. 38: 302, Aug. 1943.

Shoes should be kept clean, well polished and repaired before wear becomes extensive. Properly cared for shoes wear longer and assure health and efficiency of wearer.

67 Eckersall, Betty L. Foot at a Time. Hygeia 25: 596-598, Aug. 1947.

Ten basic rules for foot care. Describes fitting of shoes for young children.

68 Edmundson, Joseph. Positive Health. London, Oldbourne, 199 pp., illus. 1961.

/Distributed by Sportshelf, New Rochelle, N.Y./ Gives information on foot hygiene and exercises. Chapter 16 contains a section on footwear which briefly describes in generalities the qualities of correctly fitting shoes and ill effects of badly fitting footwear.

69 Edwards, Catherine C. Good Looks for Mothers and Daughters. Parents' Mag. 18: 96, May 1943.

Super cleanliness is essential for general foot health. Tells how to clean, dry, and massage feet.

- 70 Eichenlaub, John E. Care of Growing Feet. Today's Health 34: 32-35, April 1956.
Briefly describes stance and gait of child up to age 5 or 6. To aid a child's normal foot development: Give a child foot freedom in infancy; give his feet proper, uncramped protection in shoes; give him instruction in good gait and posture.
- 71 Endres, Charlotte L. Your Feet Come First. Today's Health 34: 32-33, Sept. 1956.
Foot troubles are usually brought on by improperly fitted shoes and poor hygiene. Very brief suggestions for selection of shoes and tips on foot care.
- 72 Evans, Mary. Better Clothes for Your Money. Philadelphia, Lippincott, 224 pp., illus. 1952.
Provides information to help in the purchase of hosiery and footwear.
- 73 Farrant, Alan W. Pair of Heels. Amer. Mercury 82: 74-76, May 1956.
History of shoe heels, theories on their origin, and materials used. Gives information about style names of heels, how height of heels is designated and materials used.
- 74 Felts, Josephine. On Your Toes. Delin. 129: 27, Aug. 1936.
Recommends specific procedure in caring for tired feet.
- 75 Fenton, Elizabeth. Personal! Amer. Home 26: 90, Oct. 1941.
Does not believe that going barefoot or wearing high heels will improve the arch of the foot. Advocates proper walking in proper shoes as the best exercise because she considers acrobatic foot exercises silly.
- 76 Fielding, H. A. and Doctor Waltham-Weeks. Watch Your Line. London, Tharson's, 78 pp., illus. 1962.
Written as a "guide to family fitness." Tells the effects on the foot or body of wearing high heels, sharply tapering toes and too tight shoes.
- 77 Finn, J. H. Feet and Shoes: Conscientious Shoemaker Discusses American Foot and Its Covering. Hygeia 10: 313-315, April 1932.
Recommends that shoes provide space for every part of the foot.
- 78 First Steps to School; Shoes for School Days. Woman's Home Companion 81: 100, Apr. 1954.
Select sturdy shoes of good fit but allow school-age children to pick the style and color.
- 79 Fitting Children's Shoes. Hygeia 25: 294, April 1947.
The foot health of an adult depends on how his shoes were fitted as a child. Tells how to buy shoes and stockings for children.
- 80 Foot Trouble--and How to Prevent It. Changing Times 10: 32, Dec. 1956.
Presentation of information obtained from the National Foot Health Council; included statistics or estimates of cost of foot troubles and of prevalence of foot defects.

- 81 Four Ways to Fit a Shoe. Good Housekeeping 129: 102, Nov. 1949.
Classifies all feet into five common types. Furnishes hints on buying shoes.
- 82 Frazier, John. Use Your Head--Save Your Feet. Today's Health 37: 34-35, March 1959.
Good posture, a graceful walk and a great part of general health depends on how a person treats his feet. Suggestions for care of feet and selection of children's shoes are presented.
- 83 Frey, Richard L. Do Your Shoes Fit? Good Housekeeping 130: 231-233, March 1950.
Almost all women and some men have foot troubles caused by unwise buying and unwise wearing of shoes. Tells how a shoe should fit and how to get the right size for the four dimensions of the foot--length, width, thickness and shape.
- 84 Fries, Ruth H. Kerr. How We Know a Shoe is Good. Good Housekeeping 133: 27, Nov. 1951.
To obtain a Good Housekeeping seal of approval for children's shoes, the new line is subjected to investigation in the laboratory and in wearing tests on both city streets or playgrounds and on turf.
- 85 Gaul, L. E. and G. B. Underwood. Those Soft-Treading Modern Shoes. Today's Health 28: 40-41, July 1950.
Future footgear should take care of two basic needs: rapid dissipation of sweat from the feet; keep feet dry in wet weather. Discusses quantity of perspiration, location, production, fungus infections. Blames chemicals leached out of shoe materials by sweat for causing foot eruptions.
- 86 Giddon, William. Footwear in 1944. Jour. Home Econ. 36: 129-131, March 1944.
Answers questions concerning shoes available during rationing. Sums up shoe care.
- 87 Gikling, Gratia. Run-down at the Heels. Amer. Jour. Nursing 49: 796-798, Dec. 1949.
Poor posture and foot deformities may result if children's shoes are not kept in good repair. Explains how shoe heels and soles should be examined for normal and abnormal wear. Children who persistently wear down shoes abnormally should be checked by a qualified physician.
- 88 Gilmore, Bob. A Longer Life for Footwear. Country Gent. 121: 168-169, March 1951.
Illustrated steps in caring for family footgear.
- 89 Good Foot Work. Amer. Home 29: 54, Feb. 1943.
Suggests foot care, foot exercises and massage to help strengthen and rest the feet.
- 90 Growing Pains. Today's Health 41: 10, June 1963.
Questions from parents and answers by pediatricians about shoes vs no shoes for non-walking 8-month-old infants. Reasons for putting shoes on is for protection of feet.

91 Hack, Morton and Dorothy Weiner. Baby Steps Out. Hygeia 18: 368-369, April 1940.

General hints on purchasing baby's first shoes.

92 Hall, George J. Healthy Feet for All. London, Health for All Publ. Co. 62 pp., 1955.

This small book contains chapters on the developing foot, children's foot ailments--cause and treatment, care of the adult foot, adult disorders.

93 Happy Feet, Happy Summer. McCall's 84: 74-76, July 1957.

Three exercises are suggested for keeping feet healthy. Hygiene, pedicures, and massage are recommended and tips for more comfortable travel.

94 Hauser, Emil D. W. Care of Feet in Children. Public Health Nursing 32: 285-292, May 1940.

Main requirement of a shoe for infant or growing child is that it allows normal development of a good foot. Soles and uppers for first shoes of infant learning to walk and next age group are discussed.

95 Heil, Sylvia. What About Feet? Parents' Mag. 12: 30, May 1937.

From a study of 2000 school children of prosperous parents, four out of five children were wearing shoes too short (by 1/2 to 3 sizes). States that shoes can distort the formation bones and lead to serious foot troubles later in life.

96 Hey, Ma! Can I Go Barefoot? Changing Times 10: 46, July 1956.

Recommends that infants be allowed to kick and flex bare feet but a walking child should be shod with shoes that fit properly to allow normal development of strong bones. Provides first aid hints for barefoot children.

97 The High-Heels Controversy. Sci. Digest 42: 27, Nov. 1957.

One British doctor says that careful tests on special scales showed that high heels throw the weight onto the heel rather than on the toes and this eliminates slouching and produces more healthy breathing. A different opinion is held by an American doctor who said high heels produce bow legs and knock knees.

98 High Heels Hailed. Newsweek 15: 29, Jan. 15, 1940.

News item reports an article in British Medical Journal which in turn reported a speech by a London doctor who indicated that high heels can be all right. The doctor believed that height of heels should vary for everyone (men as well as women) but he emphasized that only an abnormal foot would need a 3-inch heel.

99 Hill, Hazel E. You Are as Good as Your Feet. New Hampshire Agr. Ext. Cir. 251, 8 pp., March 1943.

Shoe rationing, correct way to walk, care of feet, exercises to strengthen feet, tips on buying shoes, care of shoes, and how to buy hosiery.

100 Hobbs, Robert B. Durability of Boys' Shoes. Jour. Home Econ. 45: 32-34, Jan. 1953.

One hundred twenty pairs of shoes were worn by boys. One group of variables included upper leather, outsoles and insoles; a second, counters, box toes and lining fabrics. Length of service ranged from 20 days to 7 months, averaging about 13 weeks. Indications were that chrome retan upper leather is more resistant to scuffing than the customary chrome "elk" upper leather. Other

- 101 How to Care for Leather. Amer. Home 45: 65, Dec. 1950.
 Cleaning of leather gloves and shoes.
- 102 How to Buy Your Children's Shoes. Woman's Home Companion 83: 88,
March 1956.
 One column of advice on how to make sure children's shoes are correctly
chosen and fitted.
- 103 Howorth, M. Beckett. Fitting Your Shoes to Your Feet. Consumers' Res.
Bul. 11: 9-12, May 1943.
 Believes most foot troubles are due to improper shoes. Briefly tells of
foot's framework and function. Discusses shoes for walking, foul weather, and
recreation.
- 104 Howorth, M. Beckett. What to Look for in Buying Shoes. Consumers' Res.
Bul. 12: 22-25, July 1943.
 Discusses varieties of leather, construction, soles, heels, straps; and
care of shoes. States that the best type of shoe for the normal foot under
average conditions is the oxford tie with a low broad heel, straight inner
border, and toe broad enough for the individual foot.
- 105 Howorth, M. Beckett. Your Feet and Your Shoes. Amer. Jour. Nursing 52:
1368-1372, Nov. 1952.
 Advocates as a standard everyday shoe an oxford with a fairly low heel,
a straight inner border, a roomy toe box, a full thickness sole, and a strong
heel counter. Also discusses the lining, sole and tongue.
- 106 Humphry, Barbara. Your Feet Can Last a Lifetime. Today's Health 32:
38-39, Dec. 1954.
 Description of framework of human foot. Emphasizes the need for care
in choosing children's shoes. Offers tips on how to buy shoes and on care of
feet.
- 107 Hunter, W. N. and J. McIver. Shoes and Feet. No. Car. Agr. Ext. 4-H
Club Ser. 58, 4 pp., 1946.
 Includes much the same information as Pamphlet No. 34 by author Hunter.
- 108 If the Shoe Fits. Newsweek 25: 100, June 18, 1945.
 In a survey of 78,000 workers, the National Association of Chiropodists
found 7,940 people with foot disorders of three classes. For a large percentage
of these ailments, faulty footwear and improper hygiene were responsible.
- 109 If the Shoe Fits. Hygeia 18: 391, May 1940.
 This editorial comments that Frank R. Ober prepared a special report for
the Council on Physical Therapy of the Amer. Med. Assoc. to the effect that it is
not true to say that all children are born with good feet and that the feet
gradually become worse as a result of shoes that are worn.
- 110 If your Feet Hurt, It May Be The Way You Sit. Sci. News Let. 40: 200,
Sept. 27, 1941.
 Comments on Dr. Philip Lewin's book on The Foot and Ankle. Faulty
position of feet while sitting is a cause of aching feet. One should keep feet
flat on floor when sitting.

111 Ihde, Lois. How Many Miles Do You Walk Every Day? Parents' Mag. 29: 80-81, June 1954.

Tips on foot care. Recommends types of shoes for mothers and children. States that an "average" mother walks about 9 miles per day.

112 Is It Advisable to Let Children Go Barefooted? Today's Health 42: 70, June 1964.

Replies that in grassy fields, yards, and sand beaches, it is safe, pleasant, and beneficial to be barefooted whether adult or a child. Elsewhere the feet should be protected by shoes.

113 Jackson, Henry L. Feet First. Collier's 107: 16-17, Feb. 15, 1941.

Recommends types or styles of shoes for various occasions. Covers points on selection and care of footgear for men.

114 Jarvis, Woodie. Buckskin Won't Wear Out. Field and Stream 62: 73, Oct. 1957.

States that buckskin is the finest leather in the world; it is soft, impervious to water, won't harden, has great strength and exceptional wearing qualities, and finishes up with a beautifully smooth grain.

115 Joyce, Cora. Make Shoes Go Farther. Better Homes & Garden 23: 49-50, March 1945.

Suggestions for de-spotting and cleaning leather, suede, patent, and two-tone shoes. Tells how to polish and care for shoes.

116 Kauth, Benjamin. Thirty-five Questions and Answers About Children's Feet. Parents' Mag. 28: 50, Oct. 1953.

Good foot health should begin at birth. This article was written to help parents keep their children's feet healthy.

117 Kauth, Benjamin. Walk and Be Happy. New York, John Day, 126 pp., illus. 1960.

Written in non-technical language for the layman who is interested in knowing how to prevent foot troubles or how to deal with them.

118 Kauth, Benjamin. How to Buy Shoes That Fit. Sci. Digest 49: 23-28, June 1961.

Condensed from a chapter of his book published in 1960. In the selection of shoes, two most important things are construction and fit. Gives chart of size scale developed through surveys by Podiatry Society of New York. Leather is the ideal material for uppers and soles.

119 Keller, Lillian L. Posture and Footwear. Publ. 205, Coop. Ext. Work, Agr. and Home Econ., Tennessee, 5 pp., illus. Feb. 1937.

/Mimeographed/. Attributes wrong posture to one or more of the eight conditions listed. Describes 7 exercises to help attain correct posture and easy graceful carriage. Provides suggestions for obtaining correctly fitting shoes.

120 Kenyon, Josephine H. How to Have Healthy Feet. Good Housekeeping 102: 92, March 1936.

Believes that most foot trouble could be prevented by proper care of the feet through childhood. Brief summary of foot structure, care of child's foot, selection of shoes and hosiery.

121 Kenyon, Josephine H. Flexible Feet. Good Housekeeping 103: 96, Sept. 1936.

Recommends that after the sixth week, mother and child should have two periods per day for directed muscle plays and spontaneous exercise.

122 Kingsbury, Doris. Feet for the Future. Parents' Mag. 21: 34, July 1946.

Cites a 30-year study made by National Foot Health Council which showed that foot ills increase from 1% in children aged one year to 80% in high school children. Lists 8 guides to follow in buying shoes for children. Overweight, undernourishment, ill-fitting stockings or shoes may warp or weaken children's feet.

123 Kirk, Lucile D. Give Your Feet Regular Attention. Parents' Mag. 35: 100, Aug. 1960.

To avoid foot troubles, properly fitted shoes and stockings and weekly care of feet are all necessary. Recommends that doctor check the feet of children at their annual physical examination.

124 LaBelle, M. F. Are Your Walking Shoes Attractive? Consumers' Digest 8: 41-44, Sept. 1940.

Gives information on purchase of walking shoes. Recommends that one have the feet measured in three spots: Ball to heel, ball to toe, and width.

125 LaBelle, M. F. What Size Shoe do You Wear? Consumers' Digest 9: 7-10, June 1941.

Size of shoe often varies with type of shoe selected. Guard against cramped toes, gaping ankles, too narrow heels, spongy cheap leathers that offer no support, and hard inflexible leathers that bruise the feet. Explains how size is determined in the factory.

126 Lake, Norman C. The Problems of Footwear. Practitioner 156: 81-87, Feb. 1946.

Specifically treats the subjects of last, heel, metatarsal support, sole, toe room, sizing and problems of early childhood. Size of shoe appears to be more important than shape.

127 Lake, Norman C. High Heels and Low Heels. Practitioner 163: 221-228, Sept. 1949.

The still plastic foot of teen-ager is easily distorted and at this age the chief harm is initiated by high heels. Discusses effect of heel height on posture and on feet. Recommends a shoe with heel between 1-1/2 and 2 inches of the Cuban type.

128 Langner, Lawrence. The Importance of Wearing Clothes. New York, Hastings House. 349 pp., illus. 1959.

From his experiences in business, drama and education, the author supplies answers to the question why do people wear clothes. Includes a brief discussion of footwear.

129 Lee, Mabel and Miriam M. Wagner. Fundamentals of Body Mechanics & Conditioning. Philadelphia, Saunders, 377 pp., illus. 1949.

Written primarily for teachers of physical education. Discusses feet in relation to posture, posture and heels, fit, style and design of shoes.

130 Lelyveld, Joseph. Growing Feet Need Special Care. Parents' Mag. 11: 20, March 1936.

General rules for foot-health. Parents should provide shoes longer than the longest toe and wide enough so that all the toes can wiggle when the child stands with full weight on his feet.

131 Lelyveld, Joseph. How to Be Sure Your Children's Shoes Fit. Parents' Mag. 17: 34, July 1942.

Six rules for fitting children's shoes are provided by the National Foot Health Council.

132 Lerrigo, Marion O. Shoes Don't Grow. Today's Health 29: 52-54, Jan. 1951.

Explains, in a general way, growth and development of the human foot.

133 Lewin, Philip. What About Your Child's Feet? Hygeia 13: 928-930, Oct. 1935.

Recommends that shoes be shaped like the foot and states that the most important measurement is that from tip of heel to ball of foot.

134 Lindsay, Edwin A. The Tragedy of Footwear. Lancet 237: 1211-1213, Dec. 9, 1939.

Discusses what is wrong with contemporary footwear, and most important features of correctly shaped footwear.

135 Lives of Three Ladies, Told in Footnotes. McCall's 87: 82-83, Oct. 1959.

Pleads for suitable well-fitted shoes, good foot care and foot exercises by referring to three case histories.

136 "Loafer" Shoes. Hygeia 27: 441, July 1949.

Under "Letters of Inquiry and Answers". Replied that if there is no defect in foot posture a person can wear any shoe that is comfortable.

137 Lowman, Charles LeRoy. Feet and Body Mechanics. Jour. Health & Phys. Educ. 11: 137-138, March 1940.

Believes that poorly fitted hosiery can restrict and deform the toes, that ill-fitting or improperly shaped shoes further deform, and that when faulty foot and leg posture exists, the effects of improper footwear are even more serious.

138 McCabe, Esther M. Stepping Out Through the Growing Years. Parents' Mag. 38: 18, Oct. 1963.

The correct fit, comfort and appearance of a shoe depend on: The last; the quality of materials used; skill of craftsmen who make the shoe; and the fitting know-how of the salesman.

- 139 McEachern, Margaret. On the Feet of Little Children. Hygeia 13: 742-744, Aug. 1935.
Correct posture and correct shoes are the two essentials for preservation of normal, healthy feet.
- 140 McGee, Lemuel C. Care of the Feet. Hygeia 22: 660-661, Sept. 1944.
Directions for six steps in daily care of the feet are briefly and clearly given.
- 141 McIver, Julia and Willie N. Hunter. Shoes and Feet. No. Car. Agr. Ext. Serv. 4-H Club Ser. No. 56, 4 pp., June 1946.
Hints on foot care and tips on fitting shoes. Brief description of types of shoes.
- 142 Make Sure the Shoe Fits. Parents' Mag. 33: 93, May 1958.
Gives hints for daily care of feet and points to check for the proper fit of socks and shoes. Tells the average growth by age groups of the human foot.
- 143 Maris, Robert. Worst Foot Forward. Hygeia 20: 188-189, March 1942.
Brief report on U.S. Dept. Agr. publication on Shoe Sizing and Fitting by Carol W. Moffett.
- 144 Martin, Mildred C. My Baby's Shoes. Today's Health 35: 36, Oct. 1957.
Best shoes for baby are those that let him make natural use of his feet.
- 145 Mattison, Norman D. The Shoe of Tomorrow. Hygeia 8: 37-40, Jan. 1930.
Shoes should not provide artificial support but should demand that the foot balance itself and the superimposed weight of the body. Describes a few exercises.
- 146 Maxwell, Ed. Tips for Your Home and Family. Today's Health 42: 83-84, Sept. 1964.
Gives helpful hints on buying children's shoes and notes on how a mother should observe the appearance of baby's feet.
- 147 Meek, Jean. Dry Underfoot. Woman's Home Companion 83: 92, Apr. 1956.
Tells materials used and price of 6 styles of rainboots.
- 148 Meloche, Gladys. Foot Clothing for All Ages. Wis. Agr. Ext. Cir. 246, 22 pp., illus. May 1931.
Describes foot structure and shoes for male and female from baby to adult. Gives hints for improving foot comfort and 12 exercises for improved foot health.
- 149 Meloche, Gladys. Foot Clothing for All Ages. Wis. Agr. Ext. Cir. 246, Rev., 22 pp., illus. Oct. 1934.
Slight revision of Circular 246, first issued in 1931.
- 150 Meloche, Gladys. Shoes for the Family. Wis. Agr. Ext. Ser. Cir. 318, 8 pp., illus. May 1941.
Describes, briefly and simply, the anatomy and physiology of the foot. Recommends footwear for family--infancy through all ages to adults. Gives hints for daily care of feet and foot comfort.

- 151 Mensendieck, Bess M. Look Better, Feel Better. New York, Harper, 276 pp., illus. 1954.
Believes that along with food and oxygen the body needs proper movement according to the laws of body mechanics and muscle function. Part II contains movement schemes to improve foot and increase its comfort and strength.
- 152 Metheny, Eleanor. Body Dynamics. New York, McGraw-Hill, 225 pp., illus. 1952.
Describes the wrong ways to walk. The four chapters on balanced posture cover: Standing, walking, working, and sitting.
- 153 Mildew on Leather Goods. Food and Home Notes 1445-62, U.S. Dept. Agr., 4 pp., April 25, 1962. (Processed leaflet).
Suggests wiping the articles with a cloth moistened in a solution of one cup denatured or rubbing alcohol and 1 cup water (mixed). Shoes should be dried in an airy place away from heat.
- 154 Moffett, Carol Willis. Shoe Sizing and Fitting. U.S. Dept. Agr. Misc. Pub. 469, 31 pp., Oct. 1941.
An analysis of practices and trends. Explored the contemporary sizing and fitting practices.
- 155 Montanye, Lillian. Good Posture Can Be a Habit. Parents' Mag. 12: 22-23, Nov. 1937.
A child's shoes and stockings must fit properly to permit his feet to develop normally; thus he will learn to stand well. Describes a correct shoe.
- 156 More Care for Your Own Shoes: More Spares for Your Children. Parents' Mag. 18: 92-93, May 1943.
Tips on cleaning, polishing, storing shoes in order to extend their service life.
- 157 Morriss, Ruth M. Stepping into Style. Collier's 85: 25, March 29, 1930.
Relates historical background of several popular styles of slippers.
- 158 Morton, Dudley J. Shoes and Foot Health. Jour. Home Econ. 33: 22-28, Jan. 1941.
Points out the broader aspects of the shoe problem in relation to true promotion of foot health.
- 159 Morton, Dudley J. Aching Feet. Hygeia 24: 100-101, Feb. 1946.
Describes the best kind of shoe for daily working hours, care for tired or aching feet. States that the constant use of high heels is the reason why foot trouble in females is about 10 times as frequent as in males.
- 160 Morton, Dudley J. How to Care for Your Feet. Hygeia 25: 845, Nov. 1946, Dec. 1947; ibid 26: 48, Jan. 1948.
Discusses types of foot troubles, design and structure of foot, shoe styles; states that little criticism can be directed at children's shoes.

161 Morton, Dudley J. This Way to Foot Health. Parents' Mag. 27: 26, Sept. 1952.

Protection of the ten toes is the most important aspect in selecting shoes for healthy young feet. Explains structure of feet. Gives chart for average rate of foot growth and four points in selecting shoes.

162 New Ideas in First Walkers. Parents' Mag. 23: 121, April 1948.

Illustrates styles currently fashionable and materials used in five pairs of shoes.

163 New Shoe Facts. Hygeia 24: 567, Aug. 1946.

News item about recent inventions, such as soles made of soybeans.

164 Nine Lives for Your Leather Goods. Pop. Sci. 142: HW 16-19, March 1943.

Pertinent information on care of leather goods. Gives formulation of a suitable dressing.

165 Nude Look in Shoes. Sci. Digest 31: 35-36, June 1952.

Editors of a periodical dealing with leather and shoes said that there may be deep psychological and social significances behind currently popular feminine footgear, consisting of only sole, heel and a couple of thin thongs.

166 O'Brien, Ruth, Esther C. Peterson, and Ruby K. Worner. Bibliography on the Relation of Clothing to Health. Misc. Pub. No. 62, U.S. Dept. Agr., 146 pp., Nov. 1929.

More than eleven hundred entries including references to English, French, and German books and articles. Searched or reviewed scientific and popular publications between 1875 and 1927. Approximately 245 entries refer to some aspects of footwear or foot health of men, women, or children.

167 On Shoes; Many Materials Cause Foot Dermatitis. Newsweek 34: 52, Dec. 12, 1949.

News brief on Gaul and Underwood's study on patch testing with different brands of shoe polish, adhesives, and materials used in the fabrication of shoes.

168 On Your Feet. Pract. Home Econ. 6: 37+, Feb. 1961.

Reproduces 10 basic health rules and nine foot exercises and generalizations on fitting. Adapted from material provided by Podiatry Society of New York. Lists factors which may cause shoes to be improper for children.

169 Peck, Bernice. Tomorrow's Footsteps. Mlle. 37: 68+, June 1953.

Gathered and condensed information from pediatricians, podiatrists, foot health associations for this article.

170 Prudden, Bonnie. How to Keep Slender and Fit After Thirty. New York, Random House, 256 pp., illus. 1961.

Thirty-two of the exercises given in this book are indexed as aiding the feet; those affecting posture will, of course, promote more healthy feet. Comments on the ill effects of incorrect footgear.

171 Pullman, M. J. Foot Hygiene and Posture. Los Angeles, the Author, 200 pp., illus. 1933.

Foot hygiene, posture, footwear, healthy and weak feet, exercises are among topics discussed.

172 Questions and Answers About Your Child's Feet. Parents' Mag. 32: 124, April 1957.

General structure of a foot is formed by age of 12 but all bones are not fully formed until about 20 years of age. Until he is at least 15, he may need new shoes every 2 to 6 months. Suggestions are offered as aid to fitting of footwear.

173 Rathbone, Lucy, Elizabeth Tarpley, Marjorie East and Nell Giles Ahern. Fashions and Fabrics. Boston, Houghton-Mifflin, 533 pp., illus. 1962. Tells how to buy hosiery and shoes.

174 Recommended Brands of Children's Shoes. Consumers' Digest 9: 21-25, Jan. 1941.

Thirteen brands of oxford were examined and dissected and various parts subjected to tests for quality and serviceability. Shape and fit are the most important factors to consider when buying children's shoes; secondly, workmanship, construction, and material.

175 Rhyne, Edith and Frieda M. Bennett. How Women Purchase Shoes. Jour. Home Econ. 30: 176-177, March 1938.

Studied buying habits of 300 women in 9 stores--2 department, 2 chain, 2 mail-order retail, and 3 specialty. Reported that when customer gave more definite information as to color, purpose, style, heel height, price and material desired, the time required to purchase was shortened proportionately.

176. Richard, Tracy. How to Walk in Comfort. Farm Jour. 78: 116-117, Feb. 1954.

Five suggestions to help any person walk in comfort as well as beauty. Most women need several styles of shoes to use for different occasions, such as work, play, dress or party.

177 Root, Lin. Getting the Most Out of Your Feet. Today's Health 39: 50, March 1961.

Contains brief account of foot structure and function, growth of foot, and locomotion. Gives seven points to consider in choosing shoes for children.

178 Rose, Jerome. Children's Shoes Don't Grow on Feet. Better Buying 1: 36-40, Nov. 1958.

Eleven guides for buying correctly fitting shoes for children. Brief discussion of: The foot, types of shoes for different ages, and constructions of shoes. Gives a chart of foot growth.

179 Rossi, William A. Your Feet and Their Care. New York, Emerson Books, 212 pp., illus. 1955.

The 41 chapters discuss footwear, fit of shoes, shoe styles, effect of high heels, things to know when buying shoes, care of feet, exercises and many other related topics.

180 Rules for Sneakers. Sci. News Let. 63: 308, May 16, 1953.

Although sneakers are ideal for athletic activities, they should not replace shoes. Children may be allowed to walk barefoot only in grass or sand, thus providing excellent exercise for foot and toe muscles.

181 Scheer, Henry I. What to Do About Sore Feet. Hygeia 22: 418-419, June 1944.

Suggests way to reduce soreness in feet. Describes three functions of feet and the physiology of the foot. Believes that when the shoe no longer conforms to the outline of the foot it deforms feet, resulting in diminished usefulness of the feet.

182 Schools Urge Foot Comfort. Parents' Mag. 15: 113, Oct. 1940.

During a shoe survey conducted in Lorain, Ohio, school children's feet were examined and measured. Most children, both boys and girls, were wearing shoes shorter than the foot size.

183 Seinfel, Ruth. Lowdown on Heels. Collier's 96: 22, Nov. 9, 1935.

Suggests that a shoe wardrobe be composed of footwear with heels varying in height. States that the tilt of the spine, the angle of the neck, and the hang of the shoulders depend on the way an individual is shod.

184 Sherman, Florence A. This Way to Foot Health. Parents' Mag. 5: 21, May 1930.

Recommends care and hygiene of feet, exercises for the foot. Gives points to consider in selection of footgear.

185 Shine 'em up! Consumers' Res. Bul. 12: 9-12, Sept. 1943.

Urges that shoes be kept shined because the polish gives the leather protection from dirt and dampness, keeps it soft and pliable; thus useful life is extended. Tells how to polish leather, buck, suede shoes and how to store.

186 Shoe Polishes. Consumers' Res. Bul. 13: 22, May 1944.

Evaluated on-the-market polishes. Reported that stain polishes lasted longer than other kinds. Deduced that the superior shine obtained by soldiers was due to more time spent on care and more muscular energy in buffing and shining shoes.

187 Shoe Polishes. Consumers' Res. Bul. 33: 17-19, Jan. 1954.

Discusses purpose of a good polish, how to clean and polish shoes. Defines a satisfactory polish as one that provides good hiding power, good resistance to water, water spotting, abrasion, surface cracking.

188 Shoes. Household Finance Corp., Dept. of Research. Better Buymanship No. 5, Chicago, The Corporation, 23 pp., illus. 1938.

This pamphlet contains information on the following topics: Foot and shoe; shaping the shoe; serviceability; proper fit of shoes; quality and type of leather; shoe construction; care of shoes.

189 Shoes Are Upkeep. Good Housekeeping 134: 70, Feb. 1952.

No shoe can withstand slipshod care. Gives five hints for shoe care.

190 Shoe Trees Are Good for Shoes. Good Housekeeping 143: 60, Sept. 1956.

Describes shoe trees and their purpose and how to buy. Stresses the importance of shoe trees in keeping children's shoes properly shaped and comfortable while their feet are growing.

191 Shriner, Mildred. Growing Up: Cerebral Palsied Children Learn to Help Themselves. Chicago, Nat'l Soc. for Crippled Children and Adults, 24 pp., illus. 1961.

Chapter II contains a section on "Suitable Clothing." Discusses types of footwear suitable, methods of getting footwear on the child, teaching child to dress self.

192 Sneakers. Consumer Bul. 45: 10-13, March 1962.

Reports on construction and estimated relative durability of 21 brands and 2 styles for boys and men. In general sneakers of blucher style are more sturdily constructed than are the bal (Balmoral) type. Cannot give a positive answer regarding durability because, besides component materials, much depends on fit of shoes, activity of wearer, care of shoes, continuous wear versus intermittent wear.

193 "Sneaker's" Effect on Feet. Hygeia 27: 587, Sept. 1949.

Sneakers are modern counterpart of moccasins. The soft rubber soles permit greater flexibility of joints of feet. Sneakers should not be fitted too loosely or too tight. Suggestions for care of feet and sneakers. Normal feet will probably benefit from greater mobility of the toes allowed by sneakers.

194 Sole Leather is Precious. Woman's Home Companion 70: 94, April 1943.
Recommends that an individual buy for quality, fit and style.

195 Sole Satisfying. Amer. Home 29: 94, April 1943.

Shoe care written in fictional style. Some general advice on keeping shoes clean, dry, and polished and stored with shoe trees.

196 Sommerfeld, Edna. Shoes to Fit the Feet and Purse. Brieflet No. 500, Coop. Ext. Work in Home Econ., Vermont, 18 pp., illus. Sept. 1938. (Mimeographed)

Reports the requisites of a well-fitted shoe and the relationship between properly fitted feet and health.

197 Stoll, Frieda and Meta E. Martin. How to Buy Shoes. Ext. Bul. 335, Indiana Agr. Ext. Serv., Purdue Univ., 12 pp., illus. 1947.

Designed for leaders and members of Home Demonstration study classes to supply information on types and fit of shoes, care of shoes, and very briefly how shoes are made.

198 Story of the Young Shoe. Good Housekeeping 135: 67-74, July 1952.

Areas of shoes to inspect for clues to whether shoes fit; why wear appears localized. Gives chart on shoe and sock sizes and how often the average shoe size may need to be changed for growing children.

199 Stote, Dorothy. Men Too Wear Clothes. Rev. Ed., Philadelphia, Lippincott. 136 pp., illus. 1950.

Discusses taste and correctness of various types of footwear for men and boys in chapter titled "Concerning Shoes."

200 Street or Walking Shoes for Women. Consumers' Res. Bul. 12: 5-8, July 1943.

Testing of shoes for wear during shoe shortage and rationing days of World War II. Lists questions to be answered or points to be examined when selecting shoes.

201 Summer Foot Comfort Starts with Properly Fitted, Well-Made Shoes. Today's Health 41: 62, Aug. 1963.

Suggestions to follow to obtain shoes which fit and give proper support to the feet. Tells how to take care of the feet.

202 Susan Takes Care of Her Shoes. Good Housekeeping 120: 91, June 1945.
How to clean and polish leather, suede, spectator pumps, and play shoes. Tells how to store shoes.

203 Swarthout, Jack M. How to Select Children's Shoes. Today's Health 33: 26-28, Sept. 1955.

Presents a time schedule for checking fit of shoes. Considers comfort a pretty good guide to health in footwear which is usually outgrown before being worn out. Indications of outgrown shoe are tightness across toes, wrinkling of leather, bulging of the forepart and sagging at the heel.

204 Take the Pressure Off Your Feet. McCall's 89: 60, Dec. 1961.

Six measures to take in the prevention of footsoreness. Also daily and weekly footcare program is outlined.

205 Tapply, H. G. Feet First. Field and Stream 60: 44, Jan. 1956.

Describes the ideal boot: Light in weight, sturdy enough to support the feet, completely waterproof (yet made of leather) and insulated to keep out cold.

206 Tate, Mildred T. and Oris Glisson. Family Clothing. New York, Wiley, 412 pp., illus. 1961.

A textbook. Clothing for the family from baby through later years must be selected carefully to fulfill the varied needs of individuals. Covers the artistic, psychological, social, physiological and economic aspects of clothing and their interrelationships.

207 Ted Trueblood Tells You How to Pick the Right Footwear. Field and Stream 61: 16-19, May 1956.

Advice on how to pick footwear and socks for different terrain and times of the year.

208 Thompson, Henrietta M. and Lucille E. Rea. Clothing for Children. New York, Wiley, 412 pp., illus. 1949.

Gives some information on footwear for babies, for grade school girls and boys. Brief account of footcare and three exercises for the feet.

209 Those Tiny Toplifts. What's New in Home Econ. 27: 48, March 1963.

To increase the wear life of toplifts, especially on spike-heels, start with good quality toplifts which will not rust or unravel or slip off at the slightest provocation. Continue by taking good care of the toplifts and having them replaced before they are worn down to the heel.

210 Tucker, W. E. Active Alerted Posture. Edinburgh & London, Livingstone, 64 pp., illus. 1960.

This is a monograph about man's posture: Its nature, its varieties and the implications it has in both natural and pathological states. Believes that a multitude of conditions is associated with chronic foot strain due to bad posture.

- 211 Wagner, Elizabeth M., Ralph H. Kunstadter and Jayne Shover. Self-Help Clothing for Handicapped Children. Clin. Pediat. (Phila.) 2: 122-126, Mar. 1963.
This report is based on 93 usable replies to a questionnaire sent to 500 parents of crippled children. Forty-six percent of the mothers found it necessary to adapt ready-to-wear children's clothing. For a discussion of footwear, see "Self-Help Clothing" published by Nat'l Society for Crippled Children and Adults.
- 212 Walker, Morton H. Your Baby's Feet Are in Your Hands. My Baby Mag. 21: 13+, Aug. 1963.
Lists commonsense rules for foot health, fitting of children's shoes, proper foot exercises. Brief discussion of symptoms that parents or teachers can catch early and thus aid the detection of foot faults.
- 213 Want More Wear From Your Shoes? Good Housekeeping 147: 179, Nov. 1958.
Tips on home care of shoes and slippers.
- 214 Warren, Charlene. How to Get More Wear from Your Leather Goods. Better Homes and Garden 30: 180+, Sept. 1952.
Recommends use of saddle soap, leather conditioner, and paste or cream wax shoe polish. Steps in care and storage of leather, suede and patent shoes.
- 215 Watch That Fit. Parents' Mag. 32: 106, Sept. 1957.
Eight tips for making sure the child's shoes are correctly fitted. Recommends shoes with supple soles, flexible leather uppers and a firm counter.
- 216 Wearing Facts of Heel Lifts. Good Housekeeping 154: 131, Jan. 1962.
Points out the advantages and disadvantages of different materials used in heel lifts. Describes ideal heel lift which does not exist.
- 217 Weeks, Edward. Other Foot. Atlantic Monthly 192: 95, Aug. 1953.
/Also Readers' Digest 63: 26, Nov. 1953, titled Worst Foot Forward/
The woman's shoe that men really like has a high, thin heel, a sleek or closed pointed toe; it fits tightly enough to arch the foot and is of any good leather. Author objects to the following types of shoes for girls and women: Open-toe, sling, wedges, and ballet. Nothing on fit or comfort.
- 218 Well-Fitted Shoes Can Prevent Aching Feet. Wallaces' F. 79: 27, Nov. 20, 1954.
One of a series of articles prepared by the Health Education Committee of the Iowa State Medical Society. Concludes that to prevent many of the common foot ills, one should keep feet warm and dry and supported by a good well fitting pair of shoes. Gives points on selection of shoes for the family.
- 219 Wesley, Wallace Ann. More ABC's of Perfect Posture. Today's Health 40: 38-43, April 1962.
Simply written, factual information on how to improve posture--standing, walking, sitting, and working. Gives a few rules for teen-age girls to follow if they insist on wearing high heels.
- 220 What of Baby's Shoes. Today's Health 36: 54, Sept. 1958.
Types of shoes and how to buy, from cloth booties through first walking shoes. States that proper shoe fit is essential for foot health and that good posture, a graceful carriage and a great part of a child's general health depends on how his feet are treated.

221 What You Should Know About Shoes. Good Housekeeping 133: 65-72, July 1951.

Composed of a series of brief articles on shoes, heels, manufacture and leathers. Reports that there are about 59 lasts around which manufacturers make women's shoes and each is a different shape.

222 When You Buy Shoes. Changing Times 13: 43-45, Aug. 1959.

Gives points to remember when purchasing footwear; fit is the most important consideration.

223 Whitman, H. L. Fit Your Child's Foot. Ladies' Home Jour. 65: 146, Oct. 1948.

Reports that of the thousands of young men he viewed during World War II, some 80% were burdened with foot disorders and only 1 in 7 wore shoes that fitted correctly. Gives 10 points to remember when fitting a child's foot for shoes.

224 Why Those Dogs Bark. Sci. Digest 35: 48, May 1954.

Dr. H. C. Stein told American Academy of Orthopedic Surgeons that lack of proper shoes has made USA a nation of foot cripples.

225 Wikler, Simon J. Take off Your Shoes and Walk: Steps to Better Foot Health. New York, Devin-Adair, 172 pp., illus. 1961.

Covers topics on how shoes cripple our feet, how to care for children and adults' feet, better foot health. States that most children who have worn shoes have some foot deformity.

226 Wingate, Isabel, Karen R. Gillespie and Betty G. Addison. Know Your Merchandise. Rev. 2nd Ed. New York, McGraw-Hill, 736 pp., 1953.

Two chapters deal with information relating to footgear. Chapter 16 is devoted to leather, "From Raw Skins to Leather." Chapter 17 presents "Facts About Feet and Shoes".

227 Wyman, A. L. Foot Trouble in the Elderly. Med. Press 235: 215-219, March 7, 1956.

Fourth of a series of articles. Deals with feet of diabetics, gout, rheumatoid arthritis of ankles and feet, skin troubles, swelling of feet, weakness of one or both feet, and care of feet at home and in hospital.

228 You can Avoid Aching Feet. Wallace's F. 84: April 4, 1959.

Special emphasis is placed on selecting children's shoes. Hints to follow in daily care of the feet and in care of shoes.

229 You can Have Beautiful Hands and Feet. Redbook 117: 58-61, July 1961.

Footcare; steps in giving one's self a pedicure. Describes a few foot exercises. Recommends that shoes for walking should have medium or low heels, rounded toes, and should support the foot.

230 Your Child Will Be The Last to Tell You! Today's Health 38: 18-19, May 1960.

A few simple precautions to help keep a child's feet healthy.

231 Your Children's Feet and Footwear. Children's Bureau, Folder 41, U.S. Dept. Health, Educ. and Welfare, 13 pp., illus. 1954.

Presents information relating to the proper shoes for children, care of feet and eleven buying guides laid down by experts who have studied children's feet.

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